



Cardiopulmonary Resuscitation (CPR) TRAINING

Registration for all classes:

Call the Fire District at (623) 584-3500, Monday-Thursday, 7am-5pm, excluding holidays.

Chest Compression Only (CCO) CPR and Automated External Defibrillator (AED)

Offered free the **first and third Tuesdays** of every month from 9:00-11:00am, PORA, 13815 Camino Del Sol, Sun City West. The latest method of CPR does not involve mouth-to-mouth rescue breaths. Also called "bystander CPR," this method is *recommended for individuals who want to be able to assist a victim of cardiac arrest when professional help would be expected to arrive quickly.*

2012

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| January 3, 17 | May 1, 15 | September 4, 18 |
| February 7, 21 | June 5, 19 | October 2, 16 |
| March 6, 20 | July 3, 17 | November 6, 20 |
| April 3, 17 | August 7, 21 | December 4, 18 |

AHA Heartsaver CPR, Automated External Defibrillator (AED), and First Aid

Offered free the **second Monday** of every month from 8:00-noon, Lecture Hall at RH Johnson Recreation Ctr, 19803 RH Johnson Blvd., Sun City West. Traditional CPR, involving mouth-to-mouth rescue breathing, blocked airway, and children is *recommended for hikers, RVers and others who might be a distance from professional help.*

2012

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| January 9 | May 14 | September 10 |
| February 13 | June 11 | October 8 |
| March 12 | July 9 | November 12 |
| April 9 | August 13 | December 10 |

AHA Healthcare Provider (BLS-refresher) CPR

Offered the **last Thursday** of every month from 8:30-1:30 p.m, Fire Station 103, 13431 W. Deer Valley Rd, Sun City West. *For healthcare workers and others who may need CPR certification renewal.*

2012

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| January 26 | May 31 | September 27 |
| February 23 | June 28 | October 25 |
| March 29 | July 26 | November 29 |
| April 26 | August 30 | December -none |